

2012 REVISED
AS OF January 2, 2012



IRON DRAGON KUNG FU KICKBOXING CLUB

91 STATION STREET, UNIT 8 , AJAX, ONTARIO
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SUMMER SCHEDULE - JULY 1 TO SEPTEMBER 11



Management reserves the right to alter
the existing schedule from time to time

	MON.	TUES.	WED.	THURS.	FRI.	SAT.	SUN.	
TAEKWONDO (all ages) WITH FRANK MALLEY	6:00 PM 1 hr		6:00 PM 1 hr					
L'IL DRAGONS (KIDS 4-7) GROUP 1 - Beginner to Yellow Sash	5:15 PM 45 min		5:15 PM 45 min		5:15 / 7 PM 45 min		12:30 PM 1 hr	
L'IL DRAGONS (KIDS 4-7) GROUP 2 - Int. Orange Sash +	5:15 PM 45 min	5:15 PM 45 min	5:15 PM 45 min		5:15 / 7 PM 45 min		12:30 PM 1 hr	
YOUNG DRAGONS (KIDS 8-13)		7:00 PM 1 hr		7:00 PM 1 hr			1:30 PM 1 hr	
KICKBOXERCISE					6:00 PM 50 min			
KUNG FU AND KICKBOXING All levels Grp 1	7:00 PM 1 hr		8:15 PM 1 hr 15 min				2:30 PM 1 hr	
KUNG FU AND KICKBOXING All levels Grp 2		8:00 PM 1 hr		8:00 PM 1 hr			2:30 PM 1 hr	
KUNG FU AND KICKBOXING All levels Grp 3	1:00 PM 1 hr		1:00 PM 1 hr		1:00 PM 1 hr			
BOXING		6:00 PM 1 hr		6:00 PM 1 hr				
KUNG FU AND KICKBOXING PSYCHO BLAST 2012 EDITION	8:00 PM 1 hr 15 min		7:00 PM 1 hr 15 min		8:00 PM 1 hr 15 min			
SPARRING Kickboxing/MMA/Grappling	9:15 PM 1 hr	9:15 PM 1 hr	9:15 PM 1 hr	9:15 PM 1 hr	9:15 PM 1 hr			
TRADITIONAL HUNG GAR FORMS & WEAPONS		8:00 PM 1 hr 45 min					10:30 AM 2 hr	
MMA MIXED MARTIAL ARTS STD UP (TUES) GRND (THURS) COMB (SAT)		8:00 PM 1 hr		8:00 PM 1 hr 30 min				
POWER YOGA WITH NANCY EDWARDS						8:30 AM 1 hr		
SEMINAR'S - DATES TO BE ANNOUNCED								
LADIES SELF DEFENSE / SASH REQUIREMENTS / SPECIAL MATERIAL								

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Hours of Operation:

EARLY NOON CLASSES: Mon/Wed/Fri 12:45 am - 2:15 pm / EVENING CLASS: Mon. - Fri 4:45PM -10:00 pm

WEEKENDS: Sat. 1:45 pm - 4:15 pm / Sun. 10:30 am - 4:00 pm

PLEASE CALL DURING BAD WEATHER TO CONFIRM CLASS WILL BE STARTING ON TIME. CHECK FACEBOOK FOR DELAYS.
TO AVOID OVERCROWDING PLEASE ATTEND ONLY THOSE CLASSES TO WHICH YOU HAVE BEEN ASSIGNED!